HoMEDICS

Two Year Limited Warranty
(Valid in USA only)

HoMedics, Inc., guarantees this product free from defects in material and workmanship for a period of two years from the date of purchase, except as noted below.

This HoMedics product warranty does not cover damage caused by misuse or abuse; accident; the attachment of any unauthorized accessory; alteration to the product; or any other conditions whatsoever that are beyond the control of HoMedics. This warranty is effective only if the product is purchased and operated in the USA. A product that requires modification or adaptation to enable it to operate in any country other than the country for which it was designed, manufactured, approved and/or authorized, or repair of products damaged by these modifications is not covered under warranty. HoMedics shall not be responsible for any type of incidental, consequential or special damages. All implied warranties, including but not limited to those implied warranties of fitness and merchantability, are limited in the total duration of two years from the original purchase date.

To obtain warranty service on your HoMedics product, either hand deliver or mail the unit and your dated sales receipt (as proof of purchase), postpaid, along with check or money order in the amount of $5.00 payable to HoMedics, Inc. to cover handling.

Upon receipt, HoMedics will repair or replace, as appropriate, your product and return it to you, postpaid. Warranty is solely through HoMedics Service Center. Service of this product by anyone other than HoMedics Service Center voids warranty.

For more information regarding our product line in the USA, please visit: www.homedics.com

Mail to:
Consumer Relations
HoMedics
Service Center Dept. 168
3000 Pontiac Trail
Commerce Township, MI
48390

Email:
cservice@homedics.com

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IB-BMS10H-A

2 year limited warranty

HoMEDICS®
The beauty of living well.™

BodyMasseur™

10-motor Full Body Massager

with Heat

Instruction Manual and Warranty Information

BMS-10H

2 year limited warranty

HoMEDICS

Your personal massage center.

Thank you for purchasing Body Masseur, HoMedics' premier 10-motor, full-body massager. This, like all of HoMedics' products, is built with high-quality craftsmanship and comes backed by our two-year limited warranty. Body Masseur is guaranteed to provide you soothing massage relief for years to come.

HoMedics is dedicated to bringing you better health through innovation. However, you should never substitute this, or any other manufacturer's massager, for professional medical attention. Persistent ailments and symptoms could indicate a more serious condition.

Body Masseur Features

- 10 powerful motors to massage away stress from your neck and shoulders down to your calves and feet.
- Soothing heat to ease stiffness in your lower back.
- 5 computerized massages. Relax and revive with a steady, travelling, pulsating, side-to-side or circulating massage. Read more about each of these features on pages 6–7 of this booklet.
- Extensive customization that allows you to massage all or any combination of 5 massage zones at 3 speeds and 3 intensities.
- Luxurious cushioning that cradles and supports for a comfortable massage on any surface.
- Exclusive HoMedics hand control. L.E.D. illuminated and easy to use. Just press the touchpad button that corresponds with the body area, type of massage, intensity and speed you desire.
- 120 volt AC home adapter.
- Unique strapping system to fold up the unit for easy storage and transportation. These convenient straps are sewn into the backside of the mat, so they're never misplaced.

Caution:
All servicing of this massager must be performed by authorized HoMedics service personnel only.

IMPORTANT SAFETY INSTRUCTIONS:

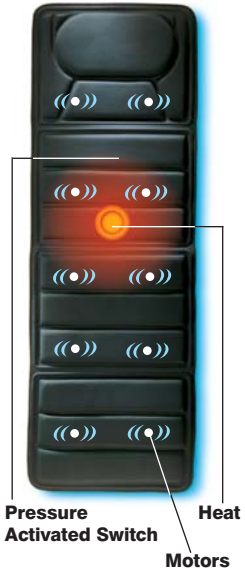
When using an electrical appliance, basic precautions should always be followed, including the following:
READ ALL INSTRUCTIONS BEFORE USING

DANGER- To reduce the risk of electric shock:

- Always unplug the appliance from the electrical outlet immediately after using and before cleaning.
- Do not reach for an appliance that has fallen into water. Unplug it immediately.
- Do not use while bathing or showering.
- Do not place or store appliance where it can fall or be pulled into a tub or sink. Do not place in or drop into water or other liquid.

WARNING - To reduce the risk of burns, fire, electric shock or injury to persons:

- An appliance should never be left unattended when plugged in. Unplug from outlet when not in use and before putting on or taking off parts or attachments.
- Close supervision is necessary when this appliance is used by, on or near children, invalids or disabled persons.
- Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by HoMedics; specifically any attachments not provided with the unit.
- Never operate this appliance if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Return it to HoMedics Service Center for examination and repair.
- Keep cord away from heated surfaces.
- Never use while sleeping or fall asleep while using the massager.
- Never drop or insert any object into any opening.
- Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
- Do not operate under blanket or pillow. Excessive heating can occur and cause fire, electrical shock or injury to persons.
- Do not carry this appliance by supply cord or use cord as handle.



Please Note:

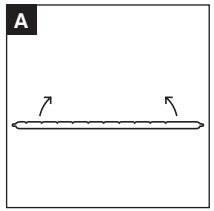
For your safety, this product is equipped with a pressure activated switch to control the heat function. **Heat will not operate unless pressure is applied to this switch, located between the second and third motors of the unit.** Once pressure is removed, heat will turn off. After applying pressure, please allow 5-10 minutes for heat to reach maximum temperature.

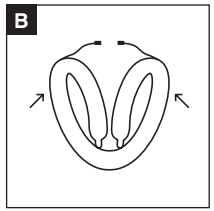
- Do not use the vibrating massager directly on one concentrated area of the body. Vibrating massagers are designed to be used in a continuous motion, constantly changing the massage area.
- To disconnect, turn all controls to the "OFF" position, then remove plug from outlet.
- This appliance is designed for household use only.

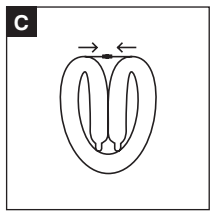
SAVE THESE INSTRUCTIONS

Caution – Please read all instructions carefully before operating.

- If you have any concerns regarding your health consult your doctor before using this product.
- Individuals with pacemakers should consult a doctor before use.
- Never leave the appliance unattended, especially if children are present.
- Never cover the appliance when it is in operation.
- Do not use this product for more than 20 minutes at a time.
- Extensive use could lead to the products excessive heating and shorter life. Should this occur, discontinue use and allow the unit to cool before operating.
- Never use this product directly on swollen or inflamed areas or skin eruptions.
- This product is a non-professional appliance designed to provide soothing massage to worn muscles. Do not use this product as a substitute for medical attention.
- Do not use this product before bed. The massage has a stimulating effect and can delay sleep.
- Never use this product while in bed.
- This product should never be used by any individual suffering from any physical ailment that would limit the user's capacity to operate the controls.
- This unit should not be used by children without adult supervision.







Automatic Shut Off

We've designed Body Masseur for convenience and safety. As a special precaution against falling asleep while using the unit, or leaving the unit on while it's still in operation, we've programmed it to automatically stop massaging 15 minutes after receiving your last command. To reactivate Back Masseur, simply press any button.
Any time you change massage functions, the timer will reset. This special feature should not be considered as a substitute for OFF. Always remember to turn your unit off when not in use.

Maintenance

To Fold Body Masseur incorporates a unique strapping system that allows you to fold the unit for storage and transportation. Bring the top and bottom sections of the mat together to meet in the middle. Then pull the outside straps, sewn to the back of the mat, around the unit and snap the plastic fasteners in place (Diagrams A-C).

To Store Place massager in its box or in a safe, dry, cool place. Avoid contact with sharp edges or pointed objects which might cut or puncture the fabric surface. To avoid breakage, do not wrap the power cord around the unit. Do not hang the unit by the controller cord.

To Clean Unplug the unit and allow it to cool before cleaning. Clean only with a soft, slightly damp sponge. Never allow water or any other liquids to come into contact with the unit.

- Do not immerse in any liquid to clean.
- Never use abrasive cleaners, brushes, gasoline, kerosene, glass/furniture polish, paint thinner to clean.
- Do not attempt to repair Body Masseur massager. There are no user serviceable parts. For service, send the unit to the HoMedics address listed in the warranty section.

BodyMasseur

10-motor Full Body Massager

On/Off

Before connecting power source, be sure ON/OFF controls are in the OFF position. Slide button to the ON position to activate continuous massage mode.

Power Adapter

Body Masseur is powered by a custom 120 volt AC home adapter, included with your unit.

Cycle

Press CYCLE to activate traveling massage. The L.E.D. light corresponding to the cycle button on the hand control will illuminate to verify your selection. Motors will alternate massage action, starting at your neck and shoulders and travelling down to your feet, up and down the cushion's surface. To deactivate cycle action, simply press the button again and the corresponding L.E.D. light will turn off. At any time, you may disengage any one or any combination of massaging motors. When you do, corresponding L.E.D. lights will indicate your selection.

Note: When selecting the heat feature with massaging action, there will be a slight decrease in the strength of the massage output. This adjustment is perfectly normal and should not be interpreted as a defect.

Targeted Massage Buttons

Press to activate massage of specific areas: neck/shoulders, back, buttocks, thighs and calves/feet. Custom program your massage by choosing a specific area, any combination of areas, or all five. The corresponding L.E.D. lights will illuminate to verify your selection. To deselect, simply press the buttons again and their corresponding L.E.D. lights will turn off.

Heat

Soothing, penetrating heat is activated with this button. To turn off heat, simply press the button again. A glowing L.E.D. light indicates that heat is on.

Cycle Speed

Choose the speed at which your custom programmed massage travels up and down Body Masseur. With each press of the button, the cycle speed increases, creating three levels: low (L), medium (M) and high (H). Corresponding L.E.D. lights will indicate your selection. To decrease speed, simply press the button again.

Massage Strength

Choose the intensity of your massage. Body Masseur gives you three options of massage strengths: low (L), medium (M) and high (H). L.E.D. lights correspond to your selection. To change the strength of your massage, simply press the corresponding button.

Special Functions

Body Masseur incorporates 3 exclusive preprogrammed functions that can be easily selected by pressing the SPECIAL FUNCTIONS button. Once activated, you can move from one function to another by simply pressing the button again. All 3 special functions allow you to choose the body zones activated, and the speed and intensity of your massage.

(F1) Pulsating Massage: All 10 vibrating motors turn on and off, giving you an intense pulsating massage.

(F2) Side-to-side Massage: Switches the massage back and forth, from your left side to your right.

(F3) Circulating Massage: Massage runs in circular fashion around the cushion surface, to reflect your blood's circulation.